Introduction: During Watson Caring Science Institute’s (WCSI’s) 2013 International Caritas Consortium and introductory weekend of the Caritas Coach Education Program (CCEP), Cohort 10, I was inspired by the energy of the circle created by all attendees. There was a pulsatile vibration of caring, healing, and loving palpable within the circle, the room, and throughout the hotel grounds. We participated in rituals of creativity, gratitude, kindness, and storytelling while holding respectful and dignified space for each other’s experiences and subjective worldviews. We reflected on our shared intentionality, resonated in our inter-subjective, intra-professional empathy, and celebrated our individual/collective journeys of “relighting the lamp” (Watson, 1999, p. 269). The entire weekend was one unified, overarching caring moment (Watson, 2008), comprised of self-reverent practices, transpersonal human mirroring, and an integration of the theoretical-practical-professional-personal. The gathering was a humanizing of Levinas’ and Longstrup’s ethical concepts; an actualizing of “face-to-face” Belonging/ relational ontology, an act of “holding another’s face in our hands,” and a meditation on professional remembering (Watson, 2005). My intentions are to “reclaim the circle,” build upon this intimately human experience of loving-kindness, and create a nonlocal community of Caritas Consciousness.

Significance: The importance of creating a forum to hold space for another’s experience, in both the personal and professional realms, is essential to embracing a Caring Science perspective, acknowledging we are each a part of each other’s journey, and allowing us to merge more deeply with unitary consciousness (Watson, 2005). A nonlocal, shared space to honor self and other, within a mutual and contextual intentionality of human caring, establishes an energetically healing environment with potential benefits of feeling seen, heard, witnessed, and validated.

Purpose: This ashram is an opportunity to pilot a venue for nonlocal, global consciousness to articulate itself through a shared and expressive mode of Caritas, with an understanding that the vibrational expanse of the individual heartspace is detectable several feet from the human heart and energetically contributes to the collective field of global coherence (HeartMath, 2014). Through reading the Human Caring Theory texts and relating to them through our personal experiences, we deepen our understandings of ourselves in the world. By exhibiting vulnerability, respect, love, and peaceful abiding towards others within this energetic ashram, we create an authentic, immersive presence essential to the humanizing and actualizing of this sacred, profound work.

Settings and Participants: The setting for this project is the website, Holding Heartspace (http://holdingheartspace.org), herein referred to as an electro-field of love. The participants for the initial stage of this work are CCEP Cohort 10 and the CCEP faculty.
Project Description/Process: The first step was to create a domain, the name of which emanated a sense of community, inspiration, safety, and warmth. *Holding Heartspace* was birthed. The infancy period has revolved around developing mission, philosophy, forums for communication, and plans for evolution. Several nonlocal, group metta meditations were interspersed throughout these initial months where invitees participated in a giving/receiving of loving-kindness with each other during a specified time period. Sections indicated below describe individual page development and purpose.

- **Who We Are:** Introduction of myself, starting point for Caring Science context, how I view my practice, my hope for the ashram.
- **Mission:** To expand and empower the global network of lightworkers one heart at a time.
- **Sacred Philosophy:** Ontological foundation of ashram, aligned with Caring Science concepts, reflective of engaging self and other with a Caritas Consciousness.
- **Lightworkers:** Define the term “Lightworker,” articulate a working archetype used to describe and support the idea of “Nurse as Lightworker,” engage separate groups of Lightworkers in ongoing dialogue.
- **LubDub HeartBlog:** Dialogical commentary on personalized views of human caring in the world with the intention of sparking conversation, reflection, and insight.
- **Storytellers:** Forum to give voice to personal experiences and stories of community.
- **Intentional Prayer Beats:** Space to offer wishes of light, love, and peace to all.

Project Outcome(s)/Projected Outcomes: The ashram is continually being expanded and strengthened. Significant CCEP Cohort 10 participation, CCEP faculty contributions, and a steady growth of community size have been noted. E-mail and blog feedback have suggested a positive response to nonlocal, group metta meditations, including a palpable frequency of love and belonging and an uplifted feeling of inspiration and remembering. The blog has led to group conversations, human caring reflections, and increased articulation of interpersonal appreciation.

Future Directions: The *International Journal for Human Caring* is considering the creation of a recurring aesthetic expression column entitled, “Holding Heartspace.” The intention for the column would be to take contributors’ international travel experiences, which have humanized concepts of Caring Science, articulating them in a way that transcends border separation and connects empathic readership within a unitary, transformative paradigm. “LubDub Heartblog” is being embedded within the WCSI website, becoming available to a more global audience, interconnecting us all through a nonlocal state of Caritas Consciousness.

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References: